



Division of School
and Community
Nutrition

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Teaching through Gardening

Gardening invites children of all ages to explore, discover, and investigate. In JCC's Early Childhood Education Program, children are doing just that.

One of JCC's early childhood educators, Peg Bauer, began gardening with children at the center six years ago. With the assistance of other teachers, parents, and children, the garden has since grown from small containers to include 3 raised beds and a compost pile.

This year the children, ages 2 1/2 to 5, are growing watermelon, cantaloupe, peppers, tomatoes, strawberries, and herbs. All of the children assist with planting, watering,



One of JCC's three raised beds

weeding, and even harvesting. The produce are sampled by the children, providing a nutrition education experience.

When asked what impact the garden has had on her students, Mrs. Bauer explains, "The children have learned how to be

patient and caring as things grow. And now they're fascinated by the bugs. It's almost like they're friends."

The JCC's garden works to not only connect children with nature, but to teach them love, patience, and respect for everything around them.

Related upcoming events at the JCC:

- Clara Silverstein's *A Whitehouse Garden Cookbook: Healthy Ideas From the First Family for Your Family* Speech and book signing-Nov. 10, 7PM

- *Nourishing Our Neighbors* with Robert Egger-Nov. 7, 1PM

We'd love to hear your success story! Contact hstinson@doe.in.gov



Where JCC composts their organic food waste.

*You don't
have to cook
fancy or com-
plicated
Masterpieces-
just good food
from fresh
ingredients."*
- Julia Child



Ted Feeney, Child Nutrition
Programs Specialist

Introducing the Indiana CACFP Newsletter

Indiana Child and Adult Care Food Program is excited to announce our new electronic quarterly newsletter. This publication will share success stories of Indiana CACFP participants, news and updates, new sponsors,

food safety tips, recipes, and more.

The newsletter will be automatically emailed to all persons listed as the food service contact on the CACFP site information sheet. We encourage these

contacts to share the newsletter with all CACFP staff. If you have additional staff or contacts that would like to receive the newsletter, send their names and emails to:
hstinson@doe.in.gov.

Meeting the Nutrition Needs of Children with Disabilities

Nutrition is a major aspect of the health component and a critical consideration for many children with disabilities. Children with disabilities have a range of nutritional needs, from foods causing mild negative reactions to others posing serious threats to their healthy development.

So what can you do?

Conduct Staff Training

Identify areas in which staff knowledge is needed in the area of disabilities services, and include in staff training.

Learn from Parents

Ask what modifications have been made at home, what food the child enjoys, and how the

child monitors his or her own diet.

Share Information

Parents, Volunteers, Aides, and all program staff must understand the students needs and restrictions.

For more information visit
<http://eclkc.ohs.acf.hhs.gov>.

Staff Spotlight: Ted Feeney

Meet Ted Feeney! He has just completed his first full year with the Indiana Department of Education. Ted oversees the claims for reimbursement for the Child Nutrition Programs. He also monitors compliance with federal audit regulations and

provides assistance with procurement.

In his free time, Ted works to restore his 1928 Tudor house in historic Butler-Tarkington. He also devotes much of his time to running and training for mini-marathons. Of course one of his favorite past

times is spending time with his wife, Shannon, of 11 years and his two cats.

To contact Ted for financial management assistance or just to say hi, write to:
tfeeney@doe.in.gov. He can also be reached at 317-234-2516.

Please Welcome Our New Sponsors

• The Goddard School	Noblesville	CACFP Contact: Tracey Murray
• The Hasten Hebrew Academy	Indianapolis	CACFP Contact: Mollie Smith
• Tri-County Bible Church	Rensselaer	CACFP Contact: Devona Allen
• Brownstown Christian Church Ministry	Brownstown	CACFP Contact: Lisa Henry
• Perry Central Community Schools	Leopold	CACFP Contact: Sheila Allinger

Food Safety Tip: Infant Formula

Here are a few basic steps that you can follow to ensure that formula is safe from bacteria that can cause illness.

- **Prepare safe water for mixing:** Bring tap water to a rolling boil and boil it for one minute. If you use bottled water, follow this same process unless the label indicates that it is sterile. Then, cool the water quickly to body temperature before mixing

the formula.

- **Use clean bottles and nipples:** You may want to sterilize bottles and nipples before first use. After that, it's safe to wash them by hand or in a dishwasher.

- **Don't make more formula than you will need:** Formula can become contaminated during preparation, and bacteria can multiply quickly if formula is improperly stored. Your best

bet: prepare formula in smaller quantities on an as-needed basis to greatly reduce the possibility of contamination. And always follow the label instructions for mixing formula.

For more information visit:
<http://www.foodsafety.gov/keep/types/babyfood/>



Events Calendar

- ⊕ Tuesday, December 7, 2010: New Sponsor Workshop @ 9 am-1 pm (Indy time) at 151 West Ohio Street, Indianapolis
- ⊕ Wednesday, January 12, 2011: New Sponsor WebEx @ 9:30 am – 12 pm (Indy time)
- ⊕ Wednesday, February 16, 2011: CACFP Refresher Workshop @ 9 am – 4 pm (Indy time) at 151 West Ohio Street, Indianapolis

*Note: A photo ID is required at all times at the IDOE offices.

Did You Know... About Our Online Resources?

- **Record Keeping: Voluntary Closure Form**—this new form is submitted to the state agency if a center is sold or closes.
- **Resources: Information about WIC**—CACFP participants are required to notify parents about the WIC program.

Visit www.doe.in.gov/food/childadults to learn more.

Healthy Apple Recipes to Sample

Apple Yogurt Trifle

Ingredients:

Makes 32 tastes at ¼ cup each

- 4 Granny Smith apples, cored and finely chopped
- 8 (8-ounce) containers lowfat cherry yogurt
- 3 cups Grape-Nuts cereal
- Small paper cups

Evenly divide four of the yogurt containers and half of the chopped apple pieces among cups to provide each student with a taste. Add two tablespoons of Grape-Nuts to each cup, then top evenly with layers of remaining yogurt, chopped apple and a sprinkle of Grape-Nuts. Refrigerate at least 15-20 minutes before serving to allow cereal to soften.

Source: www.harvestofthemonth.com

Spicy Apple-Filled Squash

Ingredients:

Makes 32 tastes at ¼ cup each

- 4 large winter squash (about 4 pounds)
- 8 teaspoons butter
- 4 large apples, chopped
- ¼ cup brown sugar
- 1 teaspoon cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon nutmeg
- Small plates and forks

Cut squash into halves and scoop out seeds. Place in dish and cover. Microwave on high for 5 minutes. Melt butter in separate dish. Mix in apples, sugar and spices and microwave for additional 1- 2 minutes. Spoon apple filling into each squash halve. Cover and microwave on high for 3 - 5 minutes until tender. Cut and serve warm.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

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